



Parents' Handbook: NLP and Common Sense Guide for Family Well-Being

Roger Ellerton

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"Feelings of worth can flourish only in an atmosphere where individual differences are appreciated, mistakes are tolerated, communication is open, and rules are flexible - the kind of atmosphere found in a nurturing family."

- Virginia Satir, Family Therapist

Parenting is not an idea, a concept or a belief. It's a process and therefore is neither static nor fixed in time that results in something special being created. Your activities and responsibilities as a parent evolve with your children, taking into account their needs - physical, social, emotional and intellectual - and your ability to be aware of and to meet these needs. As an effective parent, you help your children overcome perceived limitations to do their best and to be a valued member of the family. All the while, you bump up against your own limitations - many of your own making.

Parents' Handbook: NLP & Common Sense Guide for Family Well-Being provides you with tools, techniques, insights and approaches to improve the way you communicate, to be available emotionally and physically and to successfully fulfill the different roles expected of you as a parent. By the time you finish the *Parents' Handbook*, you will have discovered how to:

- Have meaningful, supportive conversations with your partner and children.
- Address beliefs or habits that get in the way of being an effective parent.
- Help your children address beliefs or habits that limit them.
- Support yourself and family members in achieving your respective dreams.
- Fulfill the six primary parenting roles essential for the well-being of your children.
- Support your children in learning effectively at school and at home.

Although written for parents, the material is presented at a level older teens can understand and use. With the aid of their parents, younger teens will also find most concepts in this book useful.

This book draws on an area of personal development called neuro-linguistic programming (NLP). NLP has helped hundreds of thousands discover their own potential and live the lives they desire. Make it the difference that makes a difference for your family.

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Jim Loop:

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